



WHAT TO DO IF YOU HAVE CONCERNS ABOUT YOUR CHILD'S MENTAL HEALTH

TRUST YOUR GUT! The bottom line is YOU know your child better than anyone! If you think there is a problem, trust your instincts. It is very important to seek help as soon as possible. You will be glad you did!

It is important to be aware of warning signs that your child may be struggling. You have a critical role in knowing when your child may need help. The following may be some of the symptoms you may see:

- Feeling very sad or withdrawn for more than two weeks
- Seriously trying to harm or kill himself or herself, or making plans to do so
- Experiencing sudden overwhelming fear for no reason, sometimes with a racing heart or fast breathing
- Getting in many fights or wanting to hurt others
- Showing severe out-of-control behavior that can hurt oneself or others
- Not eating, throwing up, or using laxatives to make himself or herself lose weight
- Having intense worries or fears that get in the way of daily activities
- Experiencing extreme difficulty controlling behavior, putting himself or herself in physical danger or causing problems in school
- Using drugs or alcohol
- Having severe mood swings that cause problems in relationships
- Showing drastic changes in behavior or personality
- Experiencing big changes in school performance or attendance

If you are concerned your child's behaviors, it is important to get appropriate care. You should:

- Talk to your child's doctor, school nurse, or another health care provider and seek further information about the behaviors or symptoms that worry you
- Ask your child's primary care physician to rule out medical issues and help determine if your child needs further evaluation by a specialist with experience in child behavioral problems.
- Consider reaching out to Maine's Statewide [Family Support Organizations](#).
- Consider getting a care coordinator, known as a [targeted case manager](#) or [behavioral health home coordinator](#) to assist you in making appropriate support referrals that may be needed.
- Maine's Children's Behavioral Health Services offers an array of treatment services for children's behavioral health needs. For more information about CBHS services and to learn how to make a referral, talk to your care coordinator or other provider, or visit the [Children's Behavioral Health website](#) and [list of CBHS services](#)



Any child/youth in Maine experiencing a mental health crisis can receive services by contacting:
[Maine Crisis Line: 1-888-568-1112.](#)

*Blue font are links to more information or scan the QR code to access information on the CBHS website.